

Butterfly Love™

Mindfulness Moments

Curriculum Preview

A Year-Long Mindfulness & Emotional Wellness Curriculum for Grades 6–12

Helping students feel seen, supported, and empowered—one mindful moment at a time.

Welcome, Educator

**Thank you for taking a moment to explore
Mindfulness Moments.**

Every student enters the classroom carrying an invisible story. Some arrive feeling confident. Others arrive overwhelmed, uncertain, or simply hoping someone notices them.

Mindfulness Moments was created to give students a brief pause each week—a chance to breathe, reflect, and strengthen the emotional skills that support both learning and life.

Each lesson is teacher-friendly, requires minimal preparation, and is designed to fit naturally into advisory, homeroom, SEL, or classroom community time.

My hope is that these moments help students discover something many of them rarely hear:

You matter.

Thank you for the work you do every day to support the young people in your care.

With gratitude,

Butterfly Love

Founder & Creator, Mindfulness Moments

What You'll Receive

The complete *Mindfulness Moments* curriculum includes:

- ✓ 36 weekly mindfulness lessons
- ✓ Teacher Guides
- ✓ Student Reflection pages
- ✓ Optional discussion questions
- ✓ Optional writing prompts
- ✓ 5–10 minute lessons
- ✓ Ready-to-use classroom format
- ✓ Grades 6–12
- ✓ Year-long scope and sequence

The following pages are an actual lesson from the curriculum, allowing you to experience the same format and flow your students will use throughout the school year.

Week 1

Teacher Guide

Theme

Being Present

Focus

Learning to notice the present moment with curiosity and without judgment.

Script

Today we're beginning something called Mindfulness Moments.

Mindfulness is simply paying attention to what is happening right now—with curiosity, kindness, and without judging ourselves or others.

Sometimes our minds are busy thinking about yesterday.

Sometimes they're worrying about tomorrow.

Today, we're simply going to practice being here.

We're going to practice being here.

Take a moment to notice three sounds around you.

Now, let's take three slow breaths together.

There is nothing you need to do perfectly.

Simply notice this moment.

Activity

- Notice three sounds around you.
- Take three slow breaths together.

Reflection

What did you notice during our three breaths?

Pause.

Allow a few moments of quiet before moving into the reflection questions.

Sometimes the most meaningful learning happens in the silence.

Extension (Optional – 5–10 minutes)

Turn and talk with a partner or reflect as a class.

- What is something that usually distracts you during the school day?
- How did it feel to slow down and simply notice what was around you?
- When might taking three slow breaths help you during your day?
- What is one small thing you noticed today that made you feel grateful?

Optional Writing

Write about a moment today when slowing down and being present could help you.

Week 1

Student Reflection

Three sounds I noticed around me...

During today's three breaths, I noticed...

One word that describes this moment:

About Butterfly Love

Butterfly Love is an educator, meditation guide, author, and curriculum creator who believes every student deserves to feel seen, supported, and valued.

Drawing from years of classroom experience and a deep commitment to emotional well-being, she created ***Mindfulness Moments*** to provide educators with meaningful, ready-to-use lessons that foster connection, resilience, compassion, and hope.

Her mission is simple:

To help schools create spaces where every student knows they matter.

Why Mindfulness Moments?

Mindfulness Moments was created to support both educators and students through meaningful, easy-to-implement lessons that fit naturally into the school day.

Teachers appreciate that each lesson is:

- ✓ Ready to use
- ✓ Easy to facilitate
- ✓ Appropriate for grades 6–12
- ✓ Flexible for advisory, homeroom, SEL, or classroom community time

Students are invited to:

- ✓ Pause
- ✓ Reflect
- ✓ Build emotional awareness
- ✓ Practice self-compassion
- ✓ Strengthen healthy relationships
- ✓ Develop resilience and hope

Small moments of reflection can create lasting change.

Continue the Journey

If this preview resonated with you, imagine what an entire school year of intentional mindfulness could look like.

The complete Mindfulness Moments curriculum includes:

- ✓ 36 teacher-ready weekly lessons
 - ✓ Teacher Guides
 - ✓ Student Reflection pages
 - ✓ Optional discussion questions
 - ✓ Optional writing prompts
 - ✓ A complete year of meaningful classroom connection
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Bring *Mindfulness Moments* to Your School

Whether you're exploring mindfulness for one classroom or your entire campus, I would love the opportunity to learn about your school and share how *Mindfulness Moments* can support your students and educators.

Visit:

[ButterflyLove.com](https://butterflylove.com) (*Launching Soon*)

Email:

your@email.com

Every student deserves to feel seen.

Every educator deserves meaningful tools.

Together, we can create classrooms where both are possible.

Helping students feel seen, supported, and empowered—one mindful moment at a time.